



## Healthy Living – Commit to Get Fit

How will you commit to get fit this year? As you create this year's plan, think about previous plans, keeping what worked and letting go of what didn't.

### Things to Consider

1. **Tracking devices, apps, and programs**—These are like an electronic finger on the pulse: measuring your vitals, quality of sleep, and step count.
2. **Schedule exercise time.** Whether it's paper or electronic, just schedule it! Consider adding alarms to remind you that it's time to start packing up so you can make this appointment.
3. **Plan your meals to save time, money, and empty calories.** Planning ahead of time can take the pressure off evening meals and leave time for exercise.
4. **Assess your fitness level.** You probably have some idea of your personal fitness level. But assessing and recording baseline fitness scores can give you benchmarks against which to measure your progress.
5. **Annual preventative exams**—Stay abreast of your health status to ward off chronic conditions and ultimately save money at the pharmacy and doctor's office.